

ABOUT THE PROGRAM

The Kingborough Volunteer Program promotes healthy ageing to support residents aged 65+ who live independently in Kingborough.

Volunteers support clients with a variety of roles including light gardening, transport to medical and private appointments, grocery shopping, pet support and social catch ups.

FOR THE VOLUNTEER

You can volunteer as often or as little as suits your lifestyle.

Commitments are approximately 2 hours and can be weekly, fortnightly, monthly or casually, it's your choice.

Volunteers must be over 18 years of age and, wherever possible, are matched with clients based on their individual interests, personalities and cultural requests.

There is no cost to become a volunteer and the social connections and benefits are immeasurable to both, your community and yourself.

Council may reimburse out of pocket costs for volunteers such as Working with Vulnerable People Cards, National Police Checks and mileage.

FOR THE CLIENT

Volunteer support is provided to help you remain reasonably independent in your own home.

Maybe you could do with a hand from a volunteer for help with transport to appointments or shopping, dog walking or social catch up?

All volunteers have current Working with Vulnerable People cards.

A \$7 service fee is payable for all support visits, except for social support activities.

To find out more please contact the Program Coordinator:

(03) 6211 8200
volunteers@kingborough.tas.gov.au

Kingborough

15 Channel Hwy, Kingston, Tasmania 7050
T: (03) 6211 8200
E: volunteers@kingborough.tas.gov.au
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Kingborough

Volunteering leads to new discoveries and friends



Kingborough
**Volunteer
Program**

WHAT PEOPLE SAY ABOUT THE PROGRAM

"Hannah and I love to come and help people when they need things like social visits and gardening.

My real motivation to come and volunteer was to help other people and try to make a small impact on someone's life.

I feel that if we all did a little bit more, we'd do a lot together."

Fred, Kingborough Volunteer



"...The physical side of it was getting a bit hard. I contacted Council, and Fred and Hannah came along. They are just absolutely delightful.

Fred mows the lawn, Hannah usually gardens and then we have a cup of coffee and share a few social moments.

It's important to have contact with younger people who have a lot of different ideas to me, and I really enjoy that."

Sue, Volunteer Program Recipient



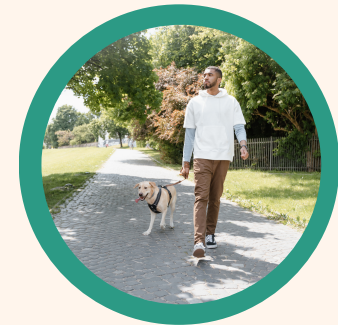
"It's a great thing because we don't get that many visitors anymore in our old age.

Rod does a bit of gardening for us and that's very important because I can't do it anymore."

Doreen, Volunteer Program Recipient

"I recommend that if you're over 65 and need some help around your home or transport, get in touch with the Kingborough Volunteer Program and they'll find someone to come around and become your friend."

Rod, Kingborough Volunteer



SUPPORT SERVICES PROVIDED



GARDENING

Light gardening



SOCIAL

Home visits and companionship



TRANSPORT

for medical or personal appointments and shopping



PETS

Support with exercising

Kingborough Volunteer Program